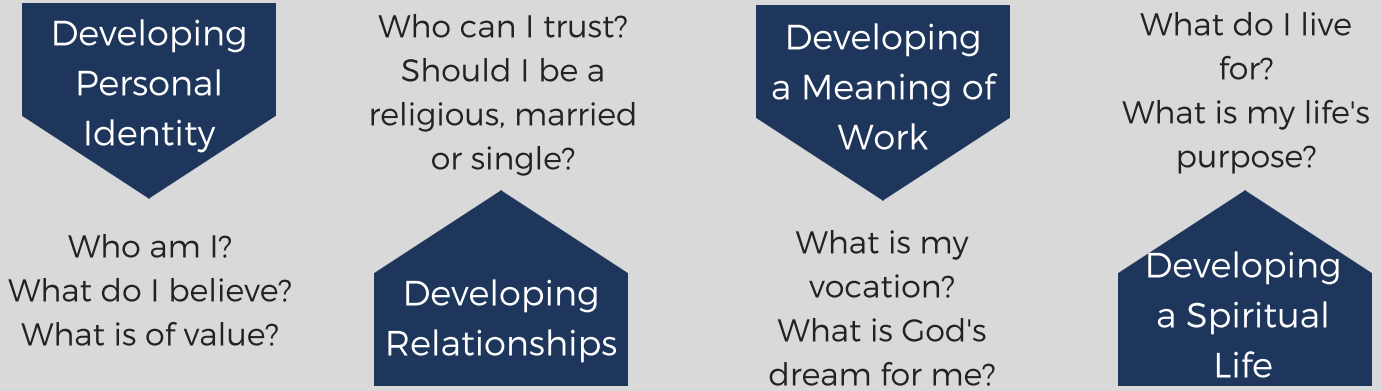


# Building a Home for Young Adults

## Tasks of Young Adulthood



The U.S. Bishops' pastoral plan for ministry with young adults, "Sons and Daughters of the Light," sets out 4 goals for Young Adult Ministry. Each goal also has 3 objectives.

### Connecting YAs to **JESUS CHRIST**

- Spiritual formation and direction
- Religious education/formation
- Vocation discernment



GOAL 01



### Connecting YAs to **THE CHURCH**

- Evangelizing outreach
- Forming the faith community
- Pastoral care

GOAL 02

### Connecting YAs to the **CHURCH'S MISSION**

- Forming a Christian conscience
- Educating and working for justice
- Developing leaders for the present and the future



GOAL 03



### Connecting YAs to **COMMUNITY**

- Forming faith communities of peers
- Developing peer leadership
- Identifying a young adult team

GOAL 04



# Components of Young Adult Ministry

## CATECHESIS

- Small faith-sharing groups using catechetical material
- Retreats
- Book Clubs on books about contemporary theology
- Table Talk

## LITURGY & SACRAMENTS

- Young adult-friendly liturgies (lectoring, music, hospitality, Eucharistic Ministry)
- Programs for newly-married
- Older couples mentoring younger couples
- Sunday readings on-line

## COMMUNITY LIFE

- Professional and social activities
- Sports activities
- Trips or pilgrimages
- Fireside chats

## EVANGELIZATION

- Email correspondence
- Social media presence
- After-Mass gatherings
- Welcome letters to new parishioners

## JUSTICE & SERVICE

- Works of mercy in your local community
- Theological reflection after service projects
- Partnering with parish peace and justice committee
- California Catholic Advocacy Day

## LEADERSHIP DEVELOPMENT

- Leadership retreats and workshops
- Courses with Institute for Pastoral Ministry
- Attending Parish Faith Formation activities
- Inter-generational faith community gatherings

## PRAYER & SPIRITUALITY

- Local retreats
- Prayer groups for Advent & Lent
- Bible reflections or Bible study using Biblical resources
- Various prayer experiences and prayer programs
- Spiritual direction